Vancouver metro

WEEKEND, AUGUST 5-7, 2016

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The end of the single family home?

Don't cry for houses: They're bad for the environment, communities and families, says one expert

metroNEWS

Vancouver metro

Your essential daily news | WEEKEND, AUGUST 5-7, 2016 | High 22°C/Low 13°C Sunny

SUICIDE SQUAD
THE METHOD TO THEIR MADNESS
metroLIFE

Testing the limits of driverless cars UBC students compete in mad race

metroNEWS

Engineering physics student Vishnu Venkatesh reacts during an automated robot car challenge Thursday. JENNIFER GAUTHIER/FOR METRO

Fight on to save schools

EAST VANCOUVER

Potential closures spur residents to act

Jen St. Denis
Metro | Vancouver

Residents of Vancouver's Collingwood neighbourhood are vowing to keep up the pressure to save three schools at risk of closing.

"Carleton Elementary and Graham Bruce (Elementary) are in a neighbourhood that's growing faster than any other neighbourhood in Vancouver," said NDP MLA Adrian Dix.

Graham Bruce, Carleton Elementary and Gladstone Secondary are among 12 schools the VSB has long-listed for closure. The VSB released the list earlier this spring as it attempts to address a $27 million budget shortfall and provincial utilization requirements, but will not make a final decision until December at the earliest.

School supporters have started a poster campaign especially targeted to local businesses.

Nash Mawani, who has owned the Jambo Grill on Kingsway for 12 years, said he decided to put one of the group's posters in the window of his restaurant because the schools are an important part of the community. "It's our future," Mawani said. "That's what we are here for, to make sure our future is good for the kids."

Some of the 12 schools listed for possible closure are less than 30 per cent full, while others are over 100 per cent full. Carleton (50 per cent), Graham Bruce, (68 per cent) and Gladstone (64 per cent) fall in the middle of the utilization range.

However, advocates say that a number of ongoing condominium developments and the City of Vancouver's recently adopted policy to require new buildings to have 35 per cent of units be two or three bedrooms mean that more families will be moving to the diverse neighbourhood, where 85 per cent of residents are visible minorities.

VANCOUVERING CAFÉ POLITICS

The art of making Michif: Métis artist's exhibit opens Friday

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Single family housing on Bute Street in Vancouver's West End – something that made sense for a different time, argues sociologist Nathanael Lauster. JENNIFER GAUTHIER/FOR METRO

'Reserving land for millionaires'

COMMUNITY

Prof speaks out against those single family homes

Jen St. Denis
Metro | Vancouver

To many, houses bordered by white picket fences on a quiet, tree-lined street are the very definition of a family-friendly neighbourhood.

But a University of British Columbia sociology professor argues that detached homes are way overrated.

"At one point in Vancouver, the middle class could clearly afford to buy into the single family house," said Nathanael Lauster, author of the The Death and Life of the Single-Family House: Lessons from Vancouver on Building a Livable City, to be published in October.

"Now it's no longer the case. It's become increasingly glaring: what are we doing reserving so much land for millionaires?"

About 80 per cent of Vancouver's land base is devoted to single family homes, a percentage Lauster called "just enormous." Vancouver-based data analyst Jens von Bergmann recently estimated that around 35 per cent of Vancouver's residents live on the 80 per cent of the land zoned for detached and duplex houses, while the remaining 65 per cent of residents live on the 19 per cent of the land base devoted to multi-family housing.

At the same time, Vancouver has moved away from the single family house faster than any other North American city, Lauster said. It's a trend Lauster things should continue, despite ongoing opposition to denser development from many of Vancouver's single family neighbourhoods.

Single family homes are heavily protected through city zoning laws that prohibit denser housing to be built on much of Vancouver's land base, regulations that Lauster traced back to the 1920s and '30s. Keeping the wrong kind of people out was very much part of the rationale for the zoning restrictions, Lauster said.

"A lot of people really like the control it gives them in terms of zoning because it dictates, effectively, who their neighbours are going to be," Lauster said.

"But that's a problem for making a more inclusive city... it's a problem for privileging a certain already privileged set of people in terms of determining what our city looks like, and marginalizing the voices of all those people who can't get into those positions in the first place."

Lauster argues that single family home neighbourhoods are bad for the environment (they use more energy and encourage more driving and less walking), urban vitality (they lock away land that could be used for public space) and even families.

"Some of the research suggests that as you see greater development of single family houses, you see greater destabilization of couples," Lauster said. The reason is still not known, but one theory is that single family housing is more isolating for women.

Lauster found that some Vancouverites still think that being a good parent and successful adult means being able to provide a single family home for their families. But many others now think it's fine to raise a family in other types of housing.

A recent City of Vancouver survey found that 60 per cent of Vancouver families are planning to leave the city, with many of the respondents saying they had been unable to find any family-sized three bedroom units in apartments or condo buildings.

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Driverless car race is final exam

UBC ENGINEERING

Students put hundreds of hours into robot creations

Wanyee Li
Metro | Vancouver

Spectators in a crowded lecture hall cheer as a robot picks up its passenger by the neck, drives to its destination — the passenger is hanging in mid air at this point — and lets go. The crowd roars with approval.

This Uber-style driverless car competition is the result of hundreds of hours worth of work, crammed into five weeks for 60 UBC engineering physics students.

The robot course is a cityscape complete with a roundabout and styrofoam high-rises. The passengers are stuffed animals. The stakes are high — this competition is the students' final exam.

"We actually made a replica of this course in one of my teammates living rooms so we could work on it on the weekend," said Jordan Jones, one of the competitors.

UBC Engineering Physics student Lilian Liu holds her breath during a robot competition Thursday. JENNIFER GAUTHIER/FOR METRO

In what UBC's director of engineering physics, Andre Marziali, calls the "hardest course in undergrad", second-year students split into teams to build and program 15 robots.

The robots race in pairs to pick up and drop off as many passengers as possible in a mock cityscape in two minutes.

Jones' team and their robot, Ray, came in second place after losing a nail-biting tiebreaker to the robot Jett Pacer.

This summer course serves as an excellent boot camp for aspiring engineers, said Jon Nakane, director of the UBC engineering physics lab.

> We are given a lot of help here, there are detectors and that. In real life it's going to be extraordinarily hard to have actual Uber bots. Jim Shaw

"These are exactly the same type of skills that industry is looking for," he told Metro in between robot matches.

"They are looking for students that have the ability to solve problems with mechanical parts, electronic parts, to write software and artificial intelligence to interact with the world."

Many robots in Thursday's competition used an extendable arm-clamp combination to grab the passengers and one even tried a shovel-and-dump technique. Mistakes proved costly but sometimes drew laughs from the crowd as robots pushed or ran over passengers.

Driverless cars are still a long way away from becoming reality, said one student at the robot showdown.

"We are given a lot of help here, there are detectors and that. In real life it's going to be extraordinarily hard to have actual Uber bots," said engineering student Jim Shaw.

But autonomous cars are one of the most exciting fields of engineering right now, said Nakane.

"You see the way our students get trained … these assistive devices that are designed to make our vehicle safe, they are right around the corner."

That's one of the reasons why the engineering physics team at UBC chose a driverless-car theme for this year's final project, said Nakane. Other year's projects have involved hockey-bots, search-and-rescue-bots, and build-bots.

"We like to choose something that gets people interested and excited. Something that is a little topical."

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AQUILINI DEVELOPMENT
RENNIE

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Métis artist getting up to Michif

Michif—Michin ('Our Language, Our Medicine') exhibit opens Friday at Gallery Gachet

CAFÉ POLITICS

David P. Ball
Metro | Vancouver

Dylan Miner doesn't mind that his hands are entirely stained purple, saturated with blackberry juice he's cooking in a nearby Crockpot, as he uses a roller to spread his homemade ink over a meticulously etched linoleum block.

The 40-year-old Michigan artist is in Vancouver this week to prepare for Friday's opening of his first show here since 2012's acclaimed Beat Nation collection at the Vancouver Art Gallery.

Over the years, Miner's art has explored his Métis identity and heritage through everything from low-rider bikes with stretched hides, to homages to hip-hop culture and transforming galleries into spaces for social connection.

His newest project is Michif—Michin, which he translates as "the people, the medicine." Michif is the unique language of the Métis culture, an historic hybrid of First Nations and European settlers. Michin, he explains, means "medicine" — using prints of 44 different plant leaves, the new art project was inspired by the medicinal herbs his great-grandmother collected.

"My great-grandmother was known for her herbal knowledge," he told Metro on Wednesday in Gallery Gachet, the Downtown Eastside venue hosting his return to Vancouver. "It's not knowledge that I have, but I want to reclaim that.

"I've been trying to spend more time in the bush, meeting with people, and using my abilities as an artist to start collaborating with plants … The plants are actually active in this process of making the work."

Trained in print-making by renowned Chicano artist Carlos Cortéz Koyokuikatl, with whom he toured a collaborative exhibition several years ago, Miner's exhibited prints are made using finely etched linoleum blocks depicting fireweed, sage, yarrow, arrowhead, cloudberry, and sumac, to name just a few.

Dylan Miner rolls blackberry juice onto a linoleum etching of one of 44 medicinal plants in Gallery Gachet. The prints were made as part of a workshop in which Downtown Eastside artists helped print his new exhibition opening Friday. DAVID P. BALL/METRO

His Vancouver visit saw him create new blocks including thistle, plantain, horsetail, salmonberry, salal, stinging nettle and camus.

But for him, the creation of the plant prints is not a solitary venture, and on Wednesday he invited Downtown Eastside artists at Gallery Gachet to participate in creating the prints he'll display this month using the juice of blackberries he collected in East Vancouver.

"You get most of the seeds and pulp out," he said as he pushed the juice through a sieve, "but I do like to keep quite a bit of them for texture and a level of dimension to the prints.

"There are stories in the seeds, so I want to keep some of those stories in there."

When the showing is done, he'll gift the framed prints back to the people who made them, as well as others who were part of the creation process and his visit to the West Coast.

"Much of my new work is through collaboration with community members," he said. "As an artist, I engage in projects I find interesting and important — taking art galleries and turning them into a social space temporarily, as a way to bring people together, to maintain kin networks and expand them."

Miner's exhibition, Michif Michin, will hold an opening event on Friday at 6 p.m. at Gallery Gachet (88 East Cordova St.). The show will run until Aug. 28, open 12-6 p.m. Wednesdays to Sundays. For more information, visit gachet.org.

> **My great-grandmother was known for her herbal knowledge. It's not knowledge that I have, but I want to reclaim that.**
> Dylan Miner, artist

FOOD NOTES

SAY HELLO SWEETS IS THE NEW MUST-TRY ICE CREAM TRUCK IN TOWN

Erin Ireland
Metro | Vancouver

When Naomi Arnaut's dog, Babycakes, needed emergency surgery, no one could have imagined the nerve-racking experience would lead to the launch of a dessert food truck.

To pay down the exorbitant vet bill, the Penn State Science of Ice Cream course graduate hosted a by-donation ice cream tasting. The event was such a hit, friends and family kept ordering Naomi's sweet specialty. Within months, she'd bought an old mail truck and was planning her business.

A new motor and a few coats of paint later, and Naomi was ready to hit the Vancouver streets. Best found through Street Food App, her cream and pink truck offers 12 rotating flavours, five signature flavours (available as take-home pints), floats, affogatos, coffee and ice cream sandwiches made with perfectly soft and chewy gluten-free cookies from Smallflower Bakeshop.

I'd recommend a flavour to try, but after I'd sampled each one, I felt like a confused child, unable to pick. Chocolate Nirvana (rich dark chocolate and espresso), The Fog (Earl Grey), Lemon Squeezy (floral lemon and buttery coconut), Monkey's Uncle (caramelized banana and toasted walnut), Cafe No-Lait (vanilla bean infused coconut cream and espresso) are five excellent options.

What's shocked many of Naomi's customers (including myself) is the lack of milk or cream on her ingredient list. She hasn't always been dairy-free, but after a stint on a dairy farm, her mind was made up.

"I decided to go 100 per cent non-dairy with the business. Although I wasn't convinced I could achieve the same texture, I was determined to try. So my routine became getting home from my night serving job and experimenting into the morning hours with recipes until I had a result that I was really proud of," Naomi shared.

Keep an eye out for Say Hello Sweets which will be roaming the Vancouver streets all summer long. Come winter, look for Naomi at markets where she'll be selling coffee and take-home pints. And if the truck is closed for business and you're craving her creamy coconut-based creations, head to Smallflower Bakeshop and Fluffy Kittens Ice Cream parlour where pints and scoops are sold.

Website: www.sayhellosweets.com

CONTRIBUTED

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Tips to bear in mind on a hiking trip

In the face of a bear attack, pepper spray is your best bet

FRESH AIR

Graeme McRanor
For Metro

Have you seen any bears?

I get asked this a lot, particularly from tourists who, when they see me geared up for a hike, assume that I'm some kind of Ursidae whisperer.

Truth is that, while raised and roaming in BC, I can count one-handed the bears seen in the wild; and, thankfully, that's been from the safety of a moving car or chairlift.

Tourists, invariably, are disappointed. And I get it. Bears are cool. But you don't really want to be running into one in the woods. Because they're also as fast as a horse. They also appear — to my untrained eye, anyway — to be somewhat testy creatures. Particularly when humans arrive unannounced.

See: The Revenant.

This is why I have a bear-bell attached to my bag. Though when I'm hiking with my eight-year-old son, I don't really need it, because he never stops talking. The bears are fully aware who's coming down the pipe and they ain't interested in chatting at length about Pokémon cards.

That doesn't mean my son has neglected an emergency plan, should we encounter one.

"If we see a bear, daddy, you distract it and I'll run for help."

This, it should be noted, is a terrible idea.

Here's the thing: There's a lot of misinformation about what to do if a bear attacks. Probably because, well, what to do depends on the species and whether the bear is being defensive or offensive. According to BC Parks, here's what you should do, though they stress "every encounter is unique and the following are offered as guidelines only to deal with an unpredictable animal and potentially complex situations..."

There are bears out there. Hike smart. Hike safe. Carry bear spray. GRAEME MCRANOR/FOR METRO

Grizzly attacks from surprise (defensive):

- Do nothing to threaten or further arouse the bear.
- Play dead. Assume the 'cannonball position' with hands clasped behind neck and face buried in knees.
- Do not move until the bear leaves the area. Such attacks seldom last beyond a few minutes.

Black bear attacks from surprise (defensive):

- Playing dead is not appropriate. Try to retreat from the attack.

Grizzly or black bear attacks offensively (including stalking you or when you are sleeping)

- Do not play dead. Try to escape to a secure place (car or building) or climb a tree unless it is a black bear. If you have no other option, try to intimidate the bear with deterrents or weapons such as tree branches or rocks.

Bear pepper sprays have been effective in deterring some bear attacks. However, do not use them as a substitute for safe practices. Avoidance is still your best bet, confirmed in an interview with The Guardian newspaper by Stephen Herrero, professor emeritus at the University of Calgary and author of Bear Attacks: Their Causes and Avoidance: "(It's) not a substitute for common sense and being cautious — looking around, making noise, avoiding dense bushes and berry patches — but it needs to be with you, always on your belt not inside your pack, whenever you're hiking in bear country.

"Nothing has changed over the past 20 years. Bear spray is the most effective deterrent in bear encounters."

Sage advice. Much more appropriate than that given a colleague who, as an eight-year-old Cub Scout on his first camping trip north of Squamish, was told by the leader: "If you come across a bear, the best thing to do is climb a tree. If it's a black bear, it will climb up the tree and kill you. If it's a grizzly, it will shake you down from the tree and kill you.

"But at least, before you die, you'll know exactly what kind of bear killed you."

Hey, it was the '70s.

The Ministerial Panel for the Trans Mountain Expansion (TMX) Project invites input from stakeholders, Indigenous groups and the public

The Panel is holding public meetings along the proposed TMX pipeline and marine corridors throughout the summer.

Members of the public are welcome to attend all sessions or provide their views online at **mpmo.gc.ca/measures/270**.

Meetings are taking place in:

Burnaby - August 9, 10, 11
Vancouver - August 16, 17, 18
North Vancouver - August 19
Victoria - August 22, 23

ADDITIONAL INFORMATION:
Detailed Schedule of meeting times and locations: **mpmo.gc.ca/measures/272**
For more information: **mpmo.gc.ca/measures/262**
Follow @NRCan on Twitter for meeting updates: **twitter.com/nrcan**

In addition to the Panel's engagement activities, the Government of Canada is continuing to consult directly with Indigenous peoples.

Government of Canada | Gouvernement du Canada

Le comité ministériel du projet d'agrandissement du réseau de Trans Mountain (TMX) invite les parties intéressées, les groupes autochtones et le public à exprimer leurs opinions

Le comité tiendra cet été des rencontres publiques le long de l'éventuel tracé du pipeline TMX et dans le voisinage des routes maritimes proposées.

Le public est invité à toutes les rencontres ou à faire part de ses observations en les acheminant en ligne à l'adresse **bggp.gc.ca/mesures/271**.

Les rencontres auront lieu aux endroits suivants :

Burnaby - 9, 10 et 11 août
Vancouver - 16, 17 et 18 août
North Vancouver - 19 août
Victoria - 22 et 23 août

RENSEIGNEMENTS SUPPLÉMENTAIRES :
Pour d'autres détails sur le lieu et l'heure des rencontres : **bggp.gc.ca/mesures/273**
Pour plus d'informations : **bggp.gc.ca/mesures/263**
Suivez @RNCan sur Twitter pour des mises à jour sur les rencontres : **twitter.com/rncan**

En plus des activités de mobilisation du comité, le gouvernement du Canada continue de consulter directement les peuples autochtones.

Canada

British national Hasnat Karim, centre left, and **University of Toronto student Tahmid Hasib Khan**, centre right, are taken to a court in Dhaka on Thursday. THE ASSOCIATED PRESS

Canadian student held in café attack

BANGLADESH

Tahmid Hasib Khan arrested but has not yet been charged

A University of Toronto student who had not been heard from since last month's restaurant attack in Bangladesh was arrested Thursday on allegations he was involved in the deadly siege carried out by radical Islamists.

Tahmid Hasib Khan, 22, a permanent resident of Canada, was arrested in the Bangladesh capital and a court has allowed police to keep him in custody for eight days for questioning, said a Dhaka police spokesman.

The Bangladesh newspaper The Daily Star reported that Khan and a 47-year-old British national were arrested under a part of the Bangladeshi criminal code that allows police to arrest and detain a person without a warrant and without laying charges with court approval.

Five armed gunmen attacked the Holey Artisan Bakery restaurant on July 1, killing 20 people and holding others inside hostage. Security forces stormed the restaurant on July 2, killing the gunmen and rescuing the remaining 13 hostages.

Khan, 22, was known to have been inside the restaurant, but Bangladeshi authorities and police denied having him in custody after the attack.

Khan's family asked Prime Minister Justin Trudeau on July 11 to intervene. The family said they don't know why Khan was being held, but insisted he had done nothing wrong. His brother, Talha Khan, who is a Canadian citizen, sent a letter through a lawyer to Trudeau's office, seeking Ottawa's help in the case.

THE CANADIAN PRESS

'NATIONAL TREASURE'

Media all over shirtless Trudeau

Come to Canada! See the beaver, the bears ... and the bare-chested Prime Minister. Or as News.Mic put it, "Behold, the Shirtless Trudeau — one of Canada's most prized national treasures."

Time magazine and the BBC have now devoted space to how Prime Minister Justin Trudeau was photographed shirtless after emerging from a cave in Quebec's Gatineau Park.

The respected media outlets document the reactions of the Peterborough family of Jim and Arlene Lillie Godby and their children Alexander, 13, and Charlotte, 10, who stumbled upon the Trudeaus on Tuesday at Lusk Cave, near Ottawa.

Alexander Godby's selfie with Trudeau. COURTESY JIM GODBY

The Godbys encountered Trudeau with his wife Sophie Grégoire Trudeau and their kids. The other Trudeaus were apparently shirted. "It was like a 20-foot-wide round hole and Justin (Trudeau) emerged with his family in tow" Godby said.

"The next time you see a cave, you should probably check to see if there is a hunky international statesman inside," exults digital magazine Slate.

TORSTAR NEWS SERVICE

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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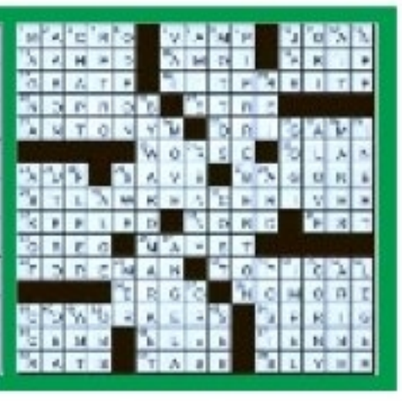
2	1	4	3	5	6	9	7	8
8	5	7	9	4	2	6	3	1
6	9	3	8	1	7	5	4	2
3	8	6	4	2	9	7	1	5
5	7	2	1	6	8	3	9	4
9	4	1	5	7	3	2	8	6
1	2	9	7	8	5	4	6	3
4	3	5	6	9	1	8	2	7
7	6	8	2	3	4	1	5	9



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UNITED NATIONS

Crane delivers aid to stranded Syrians

Cranes hoisted huge white bags with rice, lentils and dates from Jordan into tent camps on the Syrian side of a border berm — an unprecedented way of delivering UN aid to tens of thousands of displaced Syrians cut off from outside help for almost two months.

The three-day delivery to two makeshift encampments in a remote desert area ended Thursday, UN aid agencies said.

Relief over getting badly needed aid to the Ruqban and Hadalat camps was muted by concern over deteriorating conditions there. Some camp residents have dug holes for sleeping after selling flimsy shelters for scarce food and water, said a displaced Syrian, speaking on condition of anonymity for fear of repercussions if he were to return home.

Aid agencies have said disease, malnutrition and dehydration are on the rise.

This week's shipment of 650 metric tons of food and hygiene kits was a one-off — Jordan has said it would bar future deliveries from its soil on security grounds.

Cranes drop food across the Jordan-Syria border on Thursday. THE ASSOCIATED PRESS

The international community is scrambling for alternatives, but no viable option has emerged. Sending supplies from war-ravaged Syria appears risky, while UN officials say aid dropped by planes could end up in the wrong hands.

The number of Syrians stranded on the Jordanian border, awaiting entry, has grown to more than 75,000, according to UN figures. THE ASSOCIATED PRESS

Syrian citizens inspecting damaged shops after airstrikes hit a market in Atareb, west of Aleppo, Syria on Tuesday.
ALEPPO MEDIA CENTER/THE ASSOCIATED PRESS

No letup in Aleppo

SYRIA

UN urges humanitarian pause in strife

A senior UN humanitarian official urged Thursday for an immediate pause to the fighting around Syria's contested city of Aleppo as government forces pounded opposition areas with airstrikes and rebels kept up their attempts to break a government siege.

In Geneva, Jan Egeland, adviser to the UN's special envoy to Syria, said the world body was ready to send relief to the city divided between government-controlled and opposition-controlled areas once the fighting pauses.

The last delivery to reach those trapped in rebel-held parts of Aleppo — where the UN estimates some 300,000 residents remain — was in June, he said.

Russia had declared it is offering humanitarian corridors for residents in the area, but rights groups said such passages are not neutral and don't offer guarantees to civilians wishing to use them.

Meanwhile, the Britain-based Syrian Observatory for Human Rights reported at least 40 airstrikes on opposition areas of Aleppo and nearby towns, including an attack on a camp for internally displaced Syrians in Atareb, a town to the southwest. The Aleppo Media Center, another activist group, said at least two people were killed in the Atareb attack.

The Syrian Civil Defence group said a followup attack on the camp wounded two of its volunteers, including one seriously. THE ASSOCIATED PRESS

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metro VIEW

Your essential daily news

SCIENCE SAYS Weekend, August 5-7, 2016

Unidentified swimming object
A strange purple orb is on the sea floor near the U.S. Channel Islands. Top guess: new species of sea slug.

DECODED by Genna Buck and Andrés Plana

READY, SET GO: OLYMPIC TIMEKEEPING

By just 0.12 seconds, Jamaican sprinter Usain Bolt surpassed his closest rival to reach the 100m-sprint finish line — and a new Olympic record — at the 2012 London games. And that wasn't considered anywhere near a squeaker. How can Olympic authorities measure time so precisely? There's a lot of technology involved.

1 To kick things off, a special **electronic gun** sends a signal towards **a camera, a clock** and **the blocks** where the runners stand ready.

2 The signal triggers **the blocks** to make a sound, so every runner hears the gun at the same time. The block's sensors measure the time of the athlete's push-off. If it's less than 0.01 seconds after the gun, it's a false start.

3 At the finish line, **a clock** measures runners' times according to the moment they interrupt a laser beam. That info is corroborated with images from **a camera that takes 10,000 pictures a second.**

TIMELY FACT

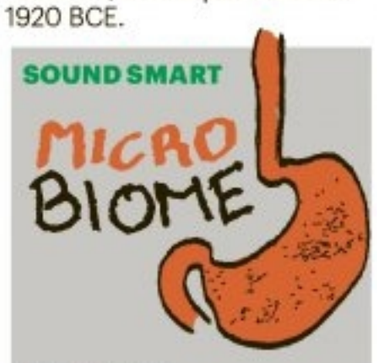
The most accurate timekeepers on earth are **atomic clocks**, which peg the time to the frequency of atomic transition (a change in the level of an electron) in an element such as cesium. One second equals 9,192, 631,770 transition cycles of Cesium-133. Atom clocks have been used to calibrate Olympic clocks.

FINDINGS
Your week in science

WU QINGLONG

LEGEND COMES TO LIFE
The Great Flood of Chinese mythology, traditionally dated before 2000 BCE, was the event that legendarily led to the founding of the Xia dynasty and Chinese civilization. Now, carbon dating of sediments and human remains published in the journal Science strongly suggests this prehistoric calamity was real. However, it took place around 1920 BCE.

SOUND SMART



DEFINITION
The **microbiome** is the ecosystem in you. Perhaps 1,000 species of microorganisms live in your gut, on your skin, and all over your body. There are nearly as many non-human cells, mostly bacteria, in your body as there are human ones.

USE IT IN A SENTENCE
Luigi's multicoloured boogers look like they're their own ecosystem. In fact, they are. The bacteria in there are part of the **microbiome**.

metro Your essential daily news

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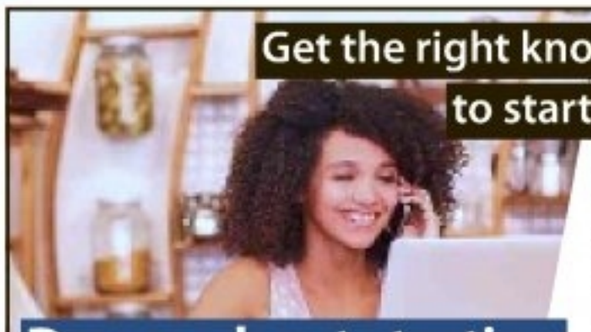

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Jared Leto had some big shoes to fill in playing the joker. He's the third Oscar winner to take on the role following Jack Nicholson and Heath Ledger. CONTRIBUTED

Leto's performance was no joke

SUICIDE SQUAD

Actor stayed in character, scared co-stars

Richard Crouse
For Metro Canada

MOVIE RATINGS by Richard Crouse

Suicide Squad	★★
Indignation	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

To prepare for his role in Suicide Squad, method actor Jared Leto went full Joker.

"I had to be committed beyond belief," he says. As the third Oscar winner to play The Joker, after Jack Nicholson and Heath Ledger, he said, "We knew we had to strike new ground. There had been such great work we knew we had to go in a different direction."

An adaptation of the DC Comics antihero series, Suicide Squad sees supervillains like El Diablo (Jay Hernandez) and Rick Flag (Joel Kinnaman) as well as Leto's Harlequin of Hate perform perilous black ops missions in return for clemency.

Director David Ayer describes it as a "comic-book version of The Dirty Dozen."

Leto immersed himself in the role to the point his cast mates didn't know where the actor ended and the Joker began. Jai Courtney said, "Let's put it this way. I haven't seen him, since we started working, out-of-character." Margot Robbie and Scott Eastwood, who is Leto's friend in real life, both say the actor's on-set behaviour scared them.

To create his take on the Clown Prince of Crime he mixed-and-matched influences from the Batman comic Arkham Asylum: A Serious House on Serious Earth along with shamans and Mexican cartels. "The Joker is fantastic because there are no rules," he says.

The only rule Leto subscribed to was to never break out of character, whether he was filming or not.

His conduct made headlines when it was reported that he gave the cast and crew some Joker-inspired presents. "He did some bad things, Jared Leto did," said co-star Viola Davis. "He gave some really horrific gifts."

Robbie, who plays the baseball bat-wielding villain Harley Quinn, received a love letter and a live rat in a black box. She kept the rodent, which she named Rat Rat, for the duration of the Toronto shoot because, "If Harley got something from Joker, she'd probably cherish it." When filming was complete Guillermo del Toro adopted the rodent renaming it Vestuniano.

Will Smith, who plays sharpshooter Deadshot, was also sent a letter accompanied by a bullet and Killer Croc portrayer Adewale Akinnuoye-Agbaje received a "used" Playboy magazine.

Leto's gift on the first day of shooting was an eye opener. He missed the first few days of filming, so to let everyone know he was thinking of them he sent over a dead hog and a video of the Joker.

"Basically, what he said was, 'Guys, I can't be there but I want you to know I'm doing my work as hard as you guys,'" Adam Beach said.

"The video he showed is in character. It blew our minds away."

Did his methods pay off? Seems so. Ben Affleck describes Leto's performance as "genius" and Ayer declares, "I think it's going to be hard for anyone to ever imagine anyone else as the Joker."

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SUICIDE SQUAD

David Ayer on the merits of fighting good with evil

Suicide Squad's David Ayer isn't one to mince words — he apologized to his Marvel Comics rivals this week after playfully uttering a rude taunt — so his comparison of filmmaking to extreme surgery hardly surprises.

"It's like when you hack off a limb," the brawny writer/director says from a New York promotional stop.

"Just use a skin graft to fix it."

He's describing necessary reshoots for his made-in-Toronto DC Comics summer blockbuster, opening Friday, in which a band of supervillains fronted by Will Smith and Margot Robbie are called upon to do good, despite their worst instincts.

Pesky Internet rumours had it the reshoots were ordered by Warner Bros. suits to add more comedy to the villainy, after DC's dour Batman v. Superman disappointed while Marvel's rude Deadpool delighted earlier this year.

The rumours were FUBAR, to use an acronym an ex-U. S. navy man like Ayer, 48, would appreciate. He says the reshoots added action, not laughs.

"If you know about filmmaking, you can't just go and drop in jokes like hair plugs in a scalp. It doesn't work," he asserts.

Margot Robbie, above, as Harley Quinn plays one of the marquee characters in Suicide Squad. CONTRIBUTED

You've previously made films grounded in reality, like the tough streets of L.A. where you grew up or the historic battlefields of World War II. Was it hard to shift into pure fantasy?

I like to think I successfully split the baby, where you sort of get the wonder and spectacle and beauty and the tropes of a comic movie while at the same time doing what I love as a director: really focusing on characters and relationships and the performances by the actors.

That sentiment really comes through in the bar scene, also used in an early teaser, in which the Suicide Squad members bond over booze.

That scene is really why I wanted to make the movie. I imagined what it would be like to have these comic book supervillains in a very deep, realistic, well-acted and well-crafted dramatic scene, really opening up to each other, just like anybody in the real world does. I'm really proud of the work the actors did in that scene. I think they're on fire.

The notion of using evil to fight evil isn't completely fantasy, as you point out in the film. A character talks about the U.S. government collaborating with the Mafia to fight Hitler.

Yes, it's a complex world out there. Look, you take law enforcement and they use criminals to help them on cases all the time. And the U.S. government has definitely had to deal with some shady folks to get the job done.

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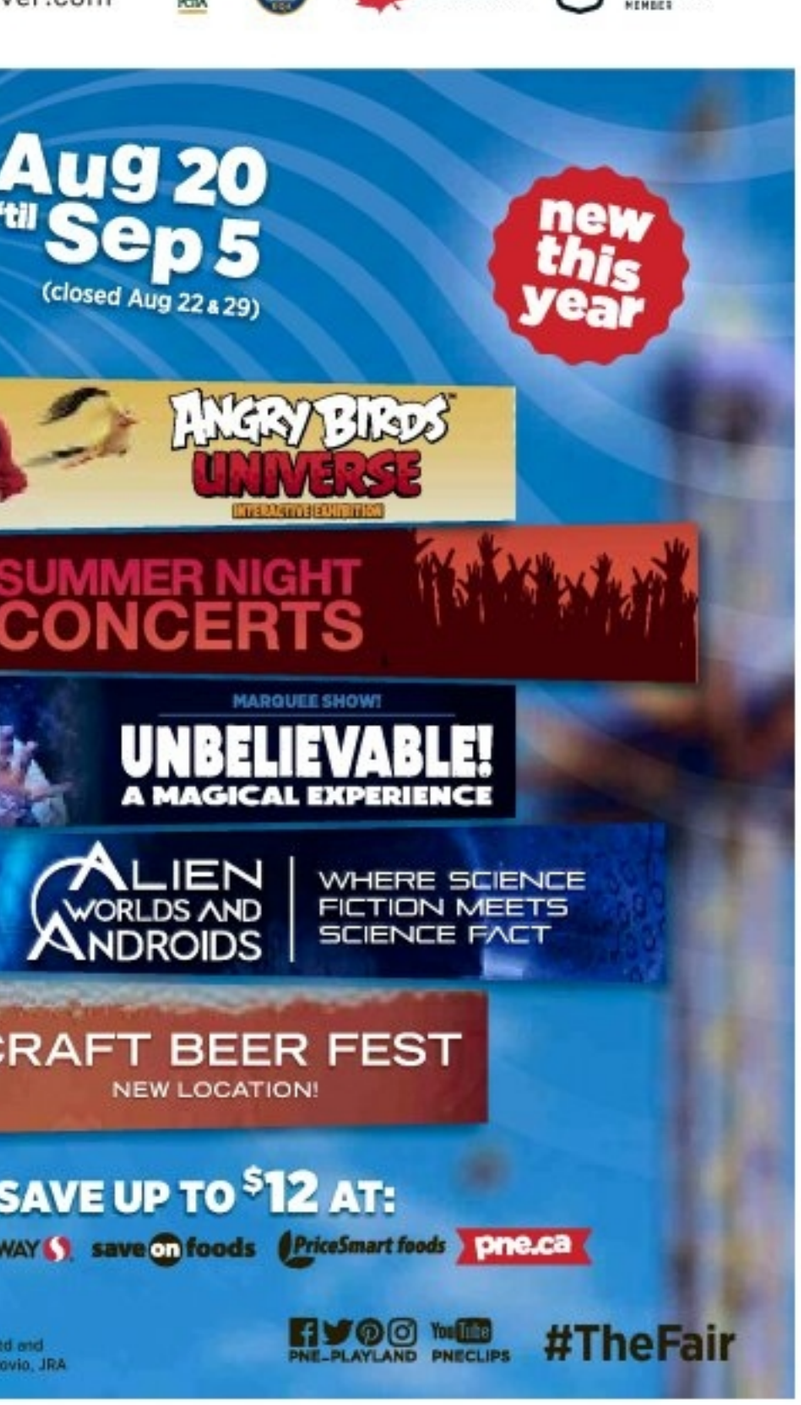

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After 'Scary Lucy,' Lucille Ball's hometown of Celoron, N. Y. to unveil new statue

Napa wineries go to the dogs

PETS

Love your dog? Love your wine, too? Enjoy both!

Jennifer Singer sits with her dog Redford, during a visit to HALL Wines in St. Helena, Calif. For those who love their dogs and their wine, there are now a number of Napa Valley wineries where you don't have to choose between the two. THE ASSOCIATED PRESS

There are now a number of Napa Valley wineries where you don't have to choose between raising and spending time with Fido. Here's a sampling of wineries that welcome humans and their (well-behaved, leashed) best friends.

• **HALL St. Helena** welcomes dogs year-round and in the fall they take the wine-canine connection a step farther with Harvest Hounds, a tasting with proceeds going to Napa Humane. Reservations not required for a tasting but are required for tours plus tastings.

• **Honig Vineyard & Winery** in Rutherford has three resident dogs and welcomes other, well-behaved, canines as visitors. In fact, the bestselling book in the tasting room is about winery dogs. Treats and water for all four-legged friends are provided. Tastings by appointment only.

• **Raymond Vineyards.** Dogs aren't just welcome at this St. Helena winery, they're feted. There's a dog "winery" dedicated to owner Jean-Charles Boisset's beloved French bulldog, named, aptly enough, Frenchie. People go inside and taste; dogs relax in outdoor shaded dog beds in the dog winery which has barrel furniture, canine portraits and a camera connected to a TV in the tasting room so owners can keep an eye on them.

• **V. Sattui Winery** in St. Helena allows dogs on leash in the tasting rooms and picnic grounds. The winery also hosts an annual "Pamper your Pooch" day in May where dogs get free treats and their humans are encouraged to post pictures of the visit.

• **St. Supery Estate Vineyards & Winery** in Rutherford has treats for your dog, and the winery's outdoor patio is a great place to kick back with your favourite canine. Who knows? You may well meet "GG," winery top dog and resident CCO (Chief Cuddle Officer). Reservations not required but are recommended.

• **Odette Estate** allows leashed dogs in outdoor tasting areas. The estate features an open patio with cushioned benches and a fire pit. By appointment only. Odette Estate's sister wineries, CADE on Howell Mountain and PlumpJack in Napa, also allow leashed dogs in their outdoor tasting areas.

• **Trefethen Family Vineyards** had to temporarily deny access to guests of the four-legged variety after damage from the 2014 earthquake forced the tasting room into temporary quarters. But the popular Rutherford winery recently welcomed dogs back with the opening of "Villa Trefethen," once home to vineyard founders Katie and Gene Trefethen, now hosting tastings in the salon, sunroom and on the deck. Reservations are required to visit the villa, but if it's midweek you can usually get in on the same day.

THE ASSOCIATED PRESS

IF YOU GO

You can find a list of dog-friendly wineries at napavintners.com

5 ISLANDS TO VISIT NEAR GREECE AND TURKEY

The Aegean Sea — an arm of the Mediterranean between Greece and Turkey — brings to mind the whitewashed, blue-domed buildings of Santorini or the party scene of Mykonos. While they're stunners, they're also jam-packed with tourists. So you might want to consider the road — or, in this case, the sea — less travelled. The best way to explore some of the lesser-known isles of the Aegean is on a small ship that goes where large cruisers can't go and airplanes don't fly. VAWN HIMMELSBACH/FOR METRO

GETTING THERE

Visit these islands with Celestyal Cruises, which visits ports of call larger ships can't navigate.

celestyal cruises.com

1 Ios

If you're looking for a party scene, head to Ios (and even if you're not, head here anyway — you can find long stretches of sandy beach that are quiet during the day while everyone else is sleeping off a hangover). Only 500 people live here year-round; the whitewashed old town is perched on a hilltop, with narrow paths and stairs that make it inaccessible to cars. Head out of town on the island's only road, which winds its way over the rugged, mountainous terrain, and you'll discover isolated beaches such as Manganari — along with 365 churches sprinkled throughout the island.

2 Samos

Most travellers bypass Samos, thinking of it as a stopover on the way to the Turkish resort town of Kusadasi. But this lush, forested isle has it all: ancient sites, tropical beaches and sweet local wine. It's the legendary birthplace of Hera, wife of Zeus, and here you'll find significant archaeological sites including the Ionian-style Temple of Hera and Pythagoreion, an ancient aqueduct considered the "eighth wonder of antiquity."

3 Milos

If you're looking for surreal, otherworldly landscapes — and some of the coolest swimming holes on the planet — head to Milos. Located in the Cyclades, this island literally rose out of the sea, thanks to earthquakes, tsunamis and volcanic eruptions. The best way to see it? Hire a sailing boat for the day and circumnavigate the island, stopping to swim in crystal-clear water beneath cliffs and caves. On land, head to Sarakiniko, a moonscape made of piercing-white volcanic ash, with a swimming hole set amongst the dramatic rock formations. Bring your camera; you're going to want to Instagram this place.

VAWN HIMMELSBACH WAS HOSTED BY CELESTYAL CRUISES, WHICH DIDN'T REVIEW OR APPROVE THIS STORY.

4 Kos

If you're a foodie, head to Kos. This Greek isle is greener than some of its rocky neighbours, thanks to a system of underground springs — which also makes it ideal for the production of olive oil, honey and wine. Head to Zia, considered the most traditional village on the island — which also happens to have the best views, at 400 metres above sea level — to buy local olive oil, sample cinnamon liqueur and sip thick, syrupy Greek coffee. Then head to Hatziemmanouil Vineyards for award-winning Syrah from this multi-generational family winery and pick up thyme honey from local beekeepers in the village of Kefalos.

5 Cesme

If you're looking for the VIP beach club experience, head to Cesme. This coastal town along the Turkish Riviera is a popular holiday resort, with boutique hotels, high-end shopping and VIP beach clubs, like Sole & Mare (picture crisp-white loungers and bean-bag chairs shaded by beach umbrellas). While it's the place to see and be seen, the town itself is drenched in history (it marked the end of the ancient Silk Road) and is known for its thermal baths, surfing and vineyards.

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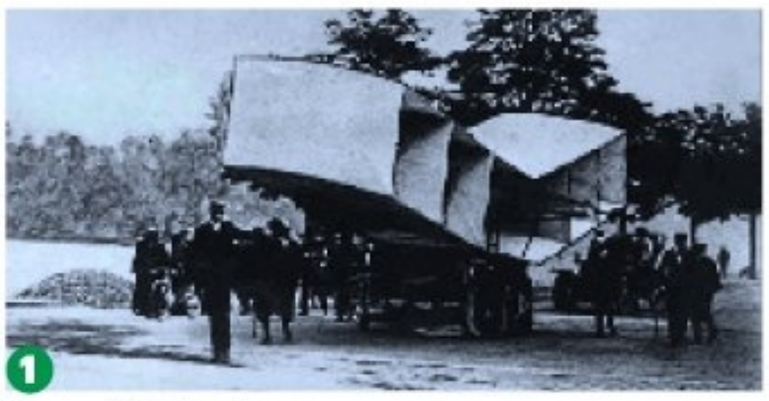
metro RIO

President of the Canadian Olympic Committee Tricia Smith was elected as a member of the International Olympic Committee Thursday

5 THINGS TO WATCH FOR FRIDAY

The opening ceremony of any Olympic Games aims to showcase the culture and achievements of the host country. Metro explains five cultural references you're likely to see:

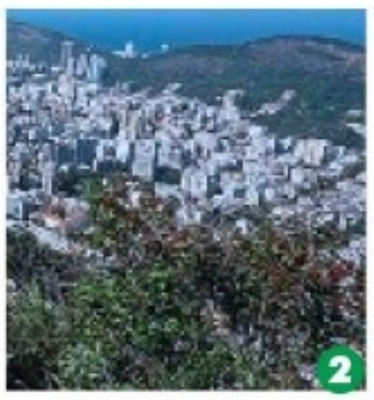
Fernando Carneiro
Metro | Toronto



1

Brazil's father of aviation

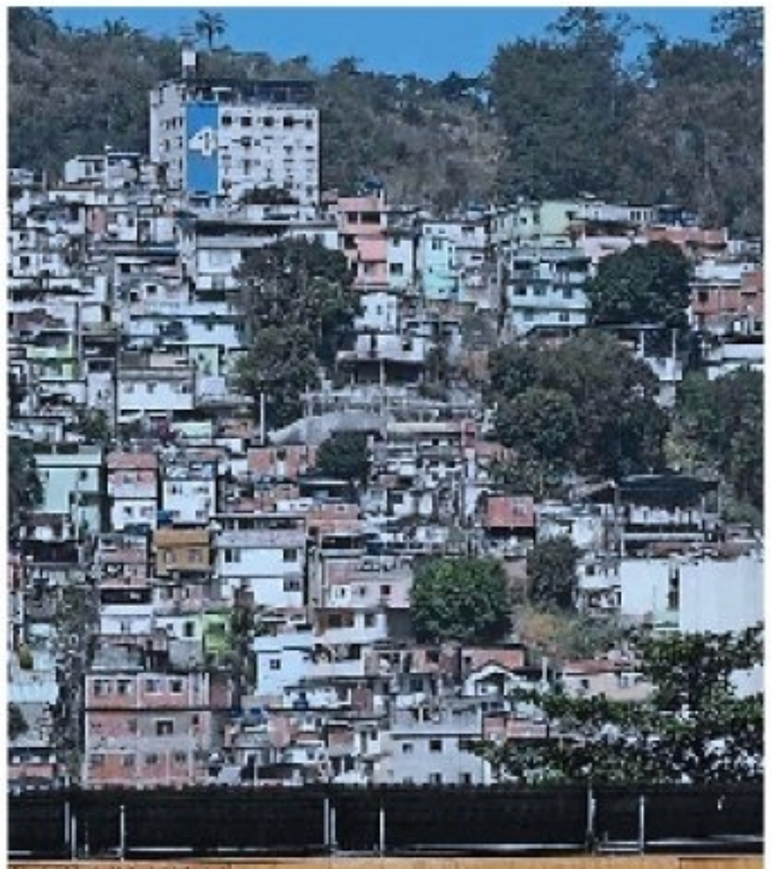
Ask any Brazilian who invented the airplane and they'll say it was Alberto Santos-Dumont, not the Wright Brothers. The Brazilian was living in France when in 1906 he flew the first powered heavier-than-air craft, the 14 Bis. He flew it around the Eiffel Tower to win a Europe-wide contest. The Wright Brothers, by contrast, flew their craft in 1903, but used a launching rail. Expect to see a replica of the 14 Bis during the opening ceremony and a tribute to Santos-Dumont.



2

Floresta da Tijuca

Tijuca Forest is the world's largest urban forest and home to hundreds of species of animals and plants, including endangered and those only found along Brazil's Atlantic Coast. Brazilians are proud of their fauna and flora and those are likely to be showcased Friday. The forest also contains a number of Rio's landmarks, including the statue of Christ the Redeemer and a peak popular with hang gliders called Pedra da Gavea.



Favelas 3

Yes, nestled within the sandy beaches and incredibly wealthy neighbourhoods of Rio de Janeiro are several slums, locally known as favelas. They're as much a part of the city as the luxury apartments lining Copacabana and Leblon beaches, and they're likely to be a part of the opening ceremonies. One of Rio's favelas was popularized in the 2002 movie, City of God.

4

"Marvellous City"

Rio de Janeiro's nickname is "Cidade Maravilhosa" — the marvellous city. It's also the title of a song that has become Rio's official anthem. Written in 1935, it's an ode to the city's natural beauty, although it never mentions Rio by name.

5

Copacabana's sidewalk

One of the iconic images of Rio is the four-kilometre long sidewalk of Copacabana beach. It was completed in 1970 and each stone that makes up the world-famous mosaic pattern was placed by hand, making every section of the sidewalk different. Most stones are black or white representing the white Europeans and black African slaves who colonized Brazil with pockets of red stones representing the indigenous people who were displaced by the newcomers.

ALL PHOTOS: GETTY IMAGES

RIO days to dial in for

With nearly three weeks of events before you, it's hard to know which Canadian athletes to watch and when to catch them. But the following five days are worth clearing your schedule for.

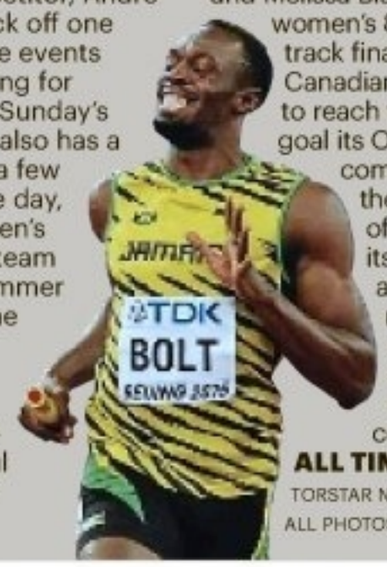
SUNDAY: Canada's first medal could come in women's synchronized diving, on the three-metre springboard (3 p.m. ET). Jennifer Abel and Pamela Ware are ranked fourth in the world and won silver at both the diving World Cup in February and the world championships in 2015.

Jennifer Abel

FRIDAY, AUG. 12: Trampoline gymnast and Canada's flag bearer for Friday's opening ceremony, Rosie MacLennan, pictured above, was the only Canuck to earn gold at London 2012. She's been dealing with injuries over the last year but is currently back on the rise and hoping to peak at just the right time (2:40 p.m., final).

Andre De Grasse

SATURDAY, AUG. 13: Come for the men's 100-metre heats (8:30 and 11 a.m.), stay for the Canadian medal possibilities. Usain Bolt, pictured below, and Canuck competitor, Andre De Grasse, kick off one of the prestige events Saturday, racing for their spots in Sunday's final. Canada also has a good shot at a few medals on the day, with the women's eight rowing team (10 a.m.), swimmer Ryan Cochrane (9 p.m.) and Brianne Theisen-Eaton, a gold-medal hopeful in heptathlon (9:50 p.m.).



If you miss Bolt and De Grasse on Aug. 13, don't fret: after the 100-metre final Sunday, they will both be back for the 200-metre culminating in an Aug. 18 final.

TUESDAY, AUG. 16: Adam Van Koeverden, 34, and Mark Oldershaw, 33, will both paddle their way through their final Olympic races Aug. 16, when they compete in the kayak and canoe sprints, respectively. Van Koeverden, the most decorated Canadian paddler, will go for his fifth Olympic medal in his last race, the 1000-metre kayak single. He won bronze and a gold in 2004, silver in 2008 and silver in 2012. Oldershaw is looking to add to the canoe single bronze he won in 2012.

Mark Oldershaw

SATURDAY, AUG. 20: Canada is a contender for five medals through five events on the penultimate day of the Games.

Brooke Henderson

Athletes to watch include Brooke Henderson in the final round of women's golf; the women's basketball team, which could play for gold, silver or bronze; Mandy Bujold in boxing; Catharine Pendrel in mountain biking; and Melissa Bishop in the women's 800-metre track final. If the Canadian team wants to reach the 19-medal goal its Olympic committee set at the beginning of the Games, its female athletes will need to come up big toward the end of competition.

ALL TIMES ET

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ALL PHOTOS GETTY IMAGES

metro SPORTS

Yankees manager Joe Girardi says he doesn't know when benched Alex Rodriguez, who has started once since July 22, will play again

More Russians earn a late, late reprieve

RIO2016

Final total of 271 competitors will take part in spite of scandal

IOC President Thomas Bach. GETTY IMAGES

The IOC approved the entry of 271 Russian athletes for the Rio de Janeiro Olympics on Thursday, meaning 70 per cent of the country's original team will compete in the games after the scandal over state-sponsored doping.

Also Thursday, the IOC's rule barring Russian athletes with prior doping sanctions from competing in the Games was rejected as "unenforceable" by an Olympic sports arbitration panel. The International Olympic Committee announced the go-ahead for 271 Russian athletes on Thursday night, about 24 hours before the opening ceremony of the games.

IOC president Thomas Bach recently rejected calls from anti-doping organizations to ban Russia's entire team following a report by a World Anti-Doping Agency investigator that detailed evidence of state-directed doping and coverups.

Instead, the IOC asked international federations to examine each individual Russian athlete to determine if they should be eligible to compete. The IOC set up a panel of three executive board members to make the final call, taking into account the advice of an independent sports arbitrator.

After the review, the IOC declared in Thursday's statement: "271 athletes will form the team entered by the Russian National Olympic Committee from the original entry list of 389 athletes."

Russian Olympic Committee president Alexander Zhukov told reporters earlier that 271 of his country's athletes had been cleared.

"We have good news for the fans of the Russian Olympic team," he said. "The majority of the sports have been admitted in full."

Several international federations announced separately Thursday that they had received the final approval for Russian entries in their events, including boxing, judo, equestrian, volleyball and golf.

Russia's track and field team remains barred following an earlier decision by the IAAF.

THE ASSOCIATED PRESS

NO GOLDEN GOALS NEYMAR OFF TO A SLOW START Brazil star Neymar reacts after missing a chance in the men's Olympic football tournament opener against South Africa in Brasilia. The host nation struggled to break down their rivals as a tight game finished 0-0. ERALDO PERES/THE ASSOCIATED PRESS

The Lions celebrate Emmanuel Arceneaux's first-half score on Thursday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

CFL

Purifoy pounces to lead Lions to glory

THURSDAY In Montreal

LIONS	ALOUETTES
38	18

The B.C. Lions were in a tight battle with the Montreal Alouettes until defensive back Louchiez Purifoy broke things open with a fumble return touchdown.

Purifoy's 47-yard scamper on the first play from scrimmage of the fourth quarter ended any chance of a Montreal comeback as the Lions downed the Alouettes 38-18 on a steamy Thursday night at Percival Molson Stadium.

"You could see it took the air out of them," said Purifoy. "You could see they were getting into a groove on offence and all of a sudden it just set them down."

Montreal had moved to within five points of the Lions at 13:14 of the third when Kevin Glenn started a drive with a 47-yard pass to Duran Carter and ended it with his own five-yard run up the middle for the TD. After the convert, B.C. conceded a single on Boris Bede's 82-yard kickoff to make it 23-18.

The Alouettes (2-4), playing their third game in 11 days, had nothing left in the final 15 minutes to challenge again.

The Lions (4-2), were also on a short week after their 44-41 overtime loss in which they wasted a late lead in Calgary last week.

"We had a lot of newer guys in (on defence) and we knew they'd have to step up and they did," said linebacker Solomon Elimimian. "The good thing about having a short week is the guys were hungry to get back on the field.

"Calgary's a good team but we felt it was a game we let slip out of our hands. We played good ball."

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OKC trusts in Russell

NBA

All-Star signs huge extension, now leads OKC without Durant

A month after Kevin Durant bolted for Golden State, star guard Russell Westbrook signed a contract extension to stay in Oklahoma City.

The team confirmed Thursday that Westbrook signed the extension. A person with direct knowledge of the terms said the two sides agreed on a new three-year deal worth $85.7 million. The person spoke to The Associated Press on condition of anonymity because the team did not release terms.

After the announcement, the team feted Westbrook on Thursday afternoon during an event that was part pep rally and part press conference. He exited a vehicle on a street in front of Chesapeake Energy Arena and briefly addressed a crowd of about 1,500 people outside before entering the arena lobby, where highlights of Westbrook's eight-year career with the Thunder were played on a big screen hung from the ceiling.

Westbrook said people — specifically in the Thunder organization and generally in Oklahoma City — convinced him that staying with the only franchise he's ever known was the correct decision.

Russell Westbrook high-fives fans on Thursday in Oklahoma City. THE ASSOCIATED PRESS

"Me being able to come back here is a true blessing," Westbrook said. "There is nowhere else I'd rather be than Oklahoma City. You guys have basically kind of raised me. I've been here since I was 18, 19 years old and you guys have done nothing but great things for me.... I definitely wanted to have an opportunity to be loyal to you guys."

The 27-year-old Westbrook is one of the top stars in the NBA and piled up 18 triple-doubles last season, tying Magic Johnson for the most in the last 30 years. The five-time All-Star averaged 23.5 points, 7.8 rebounds and 10.4 assists last season and helped the Thunder reach the Western Conference finals, where the lost a 3-1 series lead and fell in seven games to Golden State.

THE ASSOCIATED PRESS

IN BRIEF

Qatar consider booze ban

The hooliganism at the European Championship in France could affect the availability of alcohol at the 2022 World Cup in Qatar.

France's need to impose bans on alcohol sales has aided Qatar as it seeks to balance local customs with providing a welcoming environment in the first World Cup in the Middle East. THE ASSOCIATED PRESS

Court backs NFL on A.P.

A federal appeals court has ruled that the NFL was within its rights when it suspended Minnesota Vikings star Adrian Peterson in 2014 after he was charged with child abuse. The 8th U.S. Circuit Court of Appeals said an arbitrator acted appropriately by upholding the suspension of Peterson for six games. THE ASSOCIATED PRESS

Kelly comes up good near old stomping grounds

Jerry Kelly played off the emotion of what he considers a home crowd Thursday in the Travelers Championship, shooting a 6-under 64 for a share of the lead with Vaughn Taylor and Andrew Loupe.

The 49-year-old Kelly played at the nearby University of Hartford.

U.S. Olympians Bubba Watson (67), Matt Kuchar (69) and Patrick Reed (70) went out as a trio and were serenaded with chants of "USA! USA!" at the course in Cromwell, Conn. THE ASSOCIATED PRESS

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RECIPE Eggs with Mushrooms

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you've got eggs in the fridge, dinner is only ever a few minutes away. Just add some sliced mushrooms, a bit of grated cheese and you've got an easy, light meal.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes
Serves: 2

Ingredients
- 2 Tbsp butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 3/4 tsp fresh thyme (maybe 1/2 tsp if you're using dried)
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

Directions

1. Preheat the oven to 400 F.

2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.

3. Sprinkle the grated cheese evenly across the mushrooms.

4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them! Serve with warm, buttered toast.

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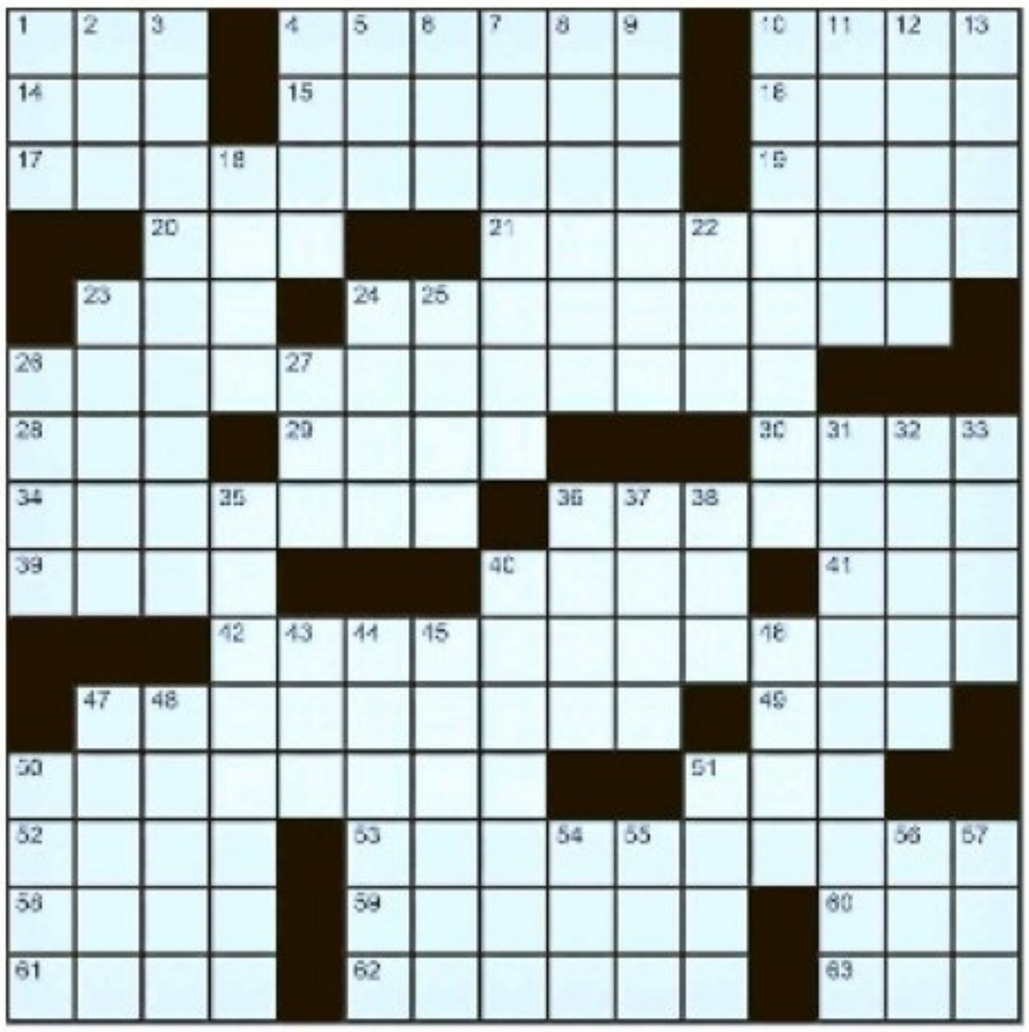
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. The _ (Nickname of Apple co-founder Steve Wozniak)
4. Peter of "The Lion in Winter" (1968)
10. Rock band, with Bon
14. 'Friend' in Paris
15. 'Back to _': James Blunt album
16. Metamorphoses poet
17. Sternwheeler ship attraction in Whitehorse, _-_-_ National Historic Site of Canada
19. Treason, _ majesty
20. Yachter's 'yes'
21. Norfolk's state
23. Caesar's 106
24. Most like Ebenezer
26. 'Royal' inlet in Nunavut: 2 wds.
28. "Days of _ Lives"
29. Winged
30. '60s band for Irish singer Van Morrison
34. Most often
36. Medieval battle weapon
39. Dick Tracy's beloved
40. Floating marker on the water
41. Fixed, as a date
42. Toronto's outdoor concert venue since 1995, Molson Canadian _
47. Aubergines
49. Verify a Vice Presidential pick
50. Type of baseball throw
51. Blokes
52. Fred Flintstone's 'fido'
53. Doing the work of Gilligan's best friend, say
58. Almond hue
59. _ tasks (Chores of drudgery)
60. Uniondale-based NHL team [acronym]
61. Component of choreography
62. Money: French
63. Collective Soul tune

DOWN
1. Occurred
2. Mantric syllables
3. Olympic athlete's dropping-out-of-Rio reason: 2 wds.
4. Double-reed woodwind
5. Downing Street number
6. Unpaired
7. French actor Mr. Martinez
8. Wayne Gretzky when he was a hockey player, e.g.: 2 wds.
9. Crop up
10. Happy-sounding city northeast of Montreal
11. GE products
12. Sojourn
13. Thought
18. Eagles hit: "_ Eyes"
22. _ rummy
23. Earthenware jar
24. Hawk
25. Cafeteria order holder
26. Sulk
27. Low-_ (Diet food)
31. Hurrying
32. Overwork
33. Apportion
35. Together, like teams: 3 wds.
36. Golf tap
37. Aahs cousins
38. Caustic solution
40. Book's construction part
43. US speedometer meas.
44. TV type
45. Yearn
46. Declare with conviction
47. Force the tenants from the property
48. Category
50. John Keats works
51. Be an ice cube, do this in the sun
54. _ chart
55. Chef's need
56. Bill 'The Science Guy' _
57. Canadian country singer Mr. Grand

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a positive, happy day at work. Many of you will have work-related travel or opportunities to talk to people from other cultures and different countries.

Taurus April 21 - May 21
It's Friday, and this is a fun-loving day! Enjoy a long lunch hour if you can. Accept all invitations to party, and enjoy sports events and playful times with children.

Gemini May 22 - June 21
This is an excellent day to explore real-estate deals. It's also a good day to buy things for your home or for a family member. Many of you will entertain at home as well. Enjoy!

Cancer June 22 - July 23
You're in such a positive frame of mind today that everyone will want to see your face. Enjoy schmoozing with others, especially siblings and relatives.

Leo July 24 - Aug. 23
This is a good day for business and commerce. Look for ways to boost your income or get a better job. You feel hopeful about your financial future.

Virgo Aug. 24 - Sept. 23
This is a positive day for you, because the Moon is lined up with lucky Jupiter. This makes you sympathetic to others as well as generous.

Libra Sept. 24 - Oct. 23
Your concern for those who are less fortunate is genuine today. If you can help someone, you will. (Consider this a rewarding opportunity for yourself as well.)

Scorpio Oct. 24 - Nov. 22
You will enjoy the company of friends and groups today, because people are in such a positive frame of mind. You especially will enjoy working with charitable organizations.

Sagittarius Nov. 23 - Dec. 21
You make a great impression on bosses and VIPs today. Because of this, you might want to ask for a favor or for approval for something.

Capricorn Dec. 22 - Jan. 20
Travel of any kind will appeal to you today, because you want to expand your horizons. You're also hungry for knowledge and have a sense of adventure.

Aquarius Jan. 21 - Feb. 19
This is an excellent day to benefit from the wealth and resources of others. People might give you gifts or do favours for you. You also can benefit indirectly through your partner.

Pisces
Feb. 20 - March 20
Relations with partners and close friends are warm and cozy today. You feel fortunate to have these people in your life.

CONCEPTIS SUDOKU by Dave Green

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